



Come Weigh-In at
TOTAL FITNESS of
RUSSELL MEDICAL

A FREE, STATEWIDE WEIGHT-LOSS COMPETITION

Scale Back Alabama (SBA) is a free, statewide weight-loss program designed to help Alabama's adults eat less and move more. It's a 10-week program starting in January, and you can go online now and sign up.

Teams of 2 You only have to find one other person to be on your team. Having another person go through the contest with you makes it more fun and keeps you focused.

Register yourself You still have to weigh-in at an official site during the weigh-in week listed below, but you can go ahead and register yourself at www.scalebackalabama.com or via the SBA phone app.

More prizes With smaller teams, we're able to spread the prize money further, so here's what you could win: Grand prize drawings – This drawing is for all teams on which both team members lost at least 10 pounds.

Three teams will get \$1,000 per team member.

Three teams will get \$500 per team member.

Three teams will get \$250 per team member

Individual prizes – This drawing is for all individuals who lose at least 10 pounds, regardless of the other team member's weight loss. There will be 40 of these names drawn for \$100 cash prizes.

Who is eligible to participate?

- Anyone 18 years of age or older, who lives in Alabama or works for an Alabama company and who registers for the program. If you don't have access to the internet, weigh-in sites will have paper registrations you can complete when you go for your first weigh-in.
- Registrants who weigh in and out at an official weigh-in site during the official weeks (see below).
Weigh-in week – Jan. 20-26 Weigh-out week – April 6-12

****WEIGH-IN DATES AND TIMES AT TOTAL FITNESS OF RUSSELL MEDICAL****

- **January 20(Monday):** 12-1 PM & 5-7 PM
- **January 22(Wednesday):** 12-1 PM & 5-7
- **January 24 (Friday):** 12-1 PM & 4-6PM

**We are located on the ground floor of the professional building. For more directions or any other questions, call 256-329-7623.

John Hall
Fitness Specialist at Total Fitness, Russell Medical

WWW.SCALEBACKALABAMA.COM